**Learning Outcomes for Module 7 Consciousness, Sleep, and Dreaming**

Upon completion of this module students will be able to do the following:

1. Describe the significance of consciousness in the history of psychology.

2. Discuss the contributions of cognitive neuroscience, and explain what is meant by the two­track mind.

3. Discuss how our perceptions are directed and limited by selective attention, noting how we may or may not be affected by unattended stimuli.

4. Describe the cycle of our circadian rhythm, and identify some events that can disrupt this biological clock.

5. List the stages of the sleep cycle, and explain how they differ.

6. Describe individual differences in sleep duration and the effects of sleep loss, noting five reasons that we need sleep.

7. Identify the major sleep disorders.

8. Describe the most common content of dreams, and compare the five major perspectives on why we dream.

9. Discuss the characteristics of people who are susceptible to hypnosis, and evaluate claims that hypnosis can influence people’s memory, will, health, and perception of pain.

10. Give arguments for and against hypnosis as an altered state of consciousness.

11. Describe the nature of drug dependence and addiction, and discuss three important questions about addiction.

12. Explain how depressants affect nervous system activity and behavior, and summarize the findings on alcohol use and abuse.

13. Identify the major stimulants, and explain how they affect neural activity and behavior.

14. Describe the physiological and psychological effects of hallucinogens, and discuss how the near­death experience evokes sensations similar to those produced by LSD.

15. Discuss the biological, psychological, and social­cultural factors that contribute to drug use.